



National Nutrient Database for Standard Reference
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Statistics Report 28354, ANDREA'S, Gluten Free Soft Dinner Roll

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	44.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Energy	kcal	257	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Energy	kJ	1077	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Protein ¹	g	5.65	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Total lipid (fat) ¹	g	8.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Ash ¹	g	1.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Carbohydrate, by difference	g	40.24	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fiber, total dietary ¹	g	2.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Sugars, total ¹	g	2.98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Glucose (dextrose) 1	g	1.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Fructose 1	g	1.55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Maltose 1	g	0.18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Starch 1	g	34.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Minerals													
Calcium, Ca 1	mg	41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Iron, Fe 1	mg	0.89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Magnesium, Mg 1	mg	42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015

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Phosphorus, P 1	mg	128	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Potassium, K 1	mg	165	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Sodium, Na 1	mg	544	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Zinc, Zn 1	mg	0.77	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Copper, Cu 1	mg	0.111	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Manganese, Mn 1	mg	0.671	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Selenium, Se 1	µg	9.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamins													
Thiamin 1	mg	0.250	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin B-6 1	mg	0.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Folate, total 1	µg	31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin E (alpha-tocopherol) ¹	mg	0.52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Tocopherol, gamma ¹	mg	2.71	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Tocopherol, delta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19b, 2014 Beltsville MD